



Arlington Council on Aging

Agenda

Date: Thursday January 19, 2023 Time: 6:00 pm

Location: This meeting will be conducted in a hybrid format. Attendees can attend in person at the Arlington Community Center or virtually via zoom. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Sheila Connerney, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the November & December meeting for approval
4. Executive Director's Report
6. Report of the Chair
8. Minuteman Senior Services Report
10. Old Business
11. New Business
12. Other Community Announcements
13. Adjourn - **Next meeting: February 16, 2023**

Executive Director's Report: Kristine Shah

- I. Welcome to the Board, Dr. Sherry Graham, appointed by the Select Board on January 9
- II. COA Programs & Services Update
 - a. Programs and Activities continue to have high attendance as we kick off 2023. WBZ-TV4 filmed a story at our Jeopardy Live event on January 12. Other new programs added this month include Monthly Movies, Cooking for One, Baking, Weaving and Winter Wednesdays Support Group. Other seasonal events we are looking forward to include Lunar New Year Luncheon on 2/2 and Valentine Karaoke Luncheon on 2/9 and our LGBTQ+ group's Karaoke & Cocoa event. January is also the first month with our new Wednesday morning exercise instructor and also our new co-facilitators (Lourie August and Jack Radochia) of our Caregiver's to those with Dementia Support Group.
 - b. Looking ahead we have planned partnerships with the Arlington Center for the Arts to hold classes in their space for pottery, photography and other specialized topics. Rick Fentin and Alex Moschella are also planning a series of specific topics, likely to be held quarterly, to attract new residents to the center.
 - c. We will be holding our first Dementia Friendly Sub Committee meeting via zoom in February. If you signed up to be on this sub-committee you will be receiving an e-mail soon.
 - d. Elderly and Disabled Tax Relief Applications are due January 31. The decision committee will be meeting March 2.
 - e. AARP Tax Preparation will take place again February 9-April 13 on Thursdays, we are currently taking appointments. Thank you again to Pat Baillieul for being the lead volunteer again this year.
 - f. The end of year fundraising campaign for emergency needs was extremely successful. The funds raised will be ready to be distributed as needed in the next week.
- III. Other
 - a. COA Staff Highlight: Joanne Sliney, RN